



NDPERS Executive Summary

Quarter 1 | 2017

Presented August 2017



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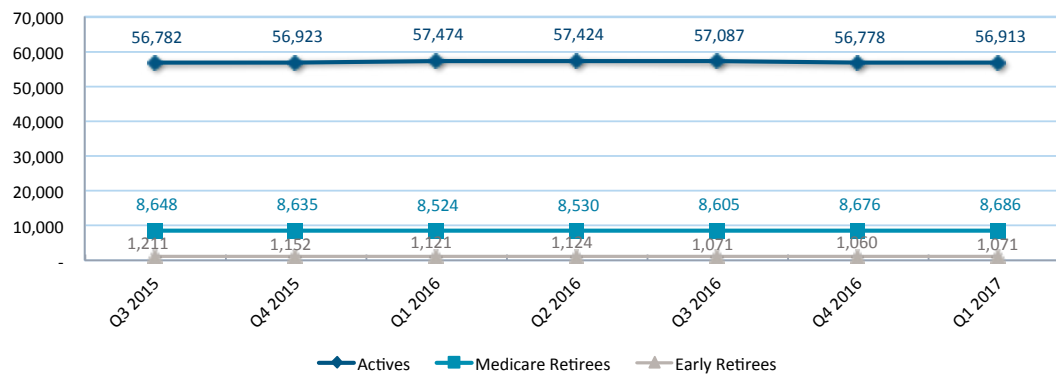
ANNUAL MEMBERSHIP SUMMARY

Summary

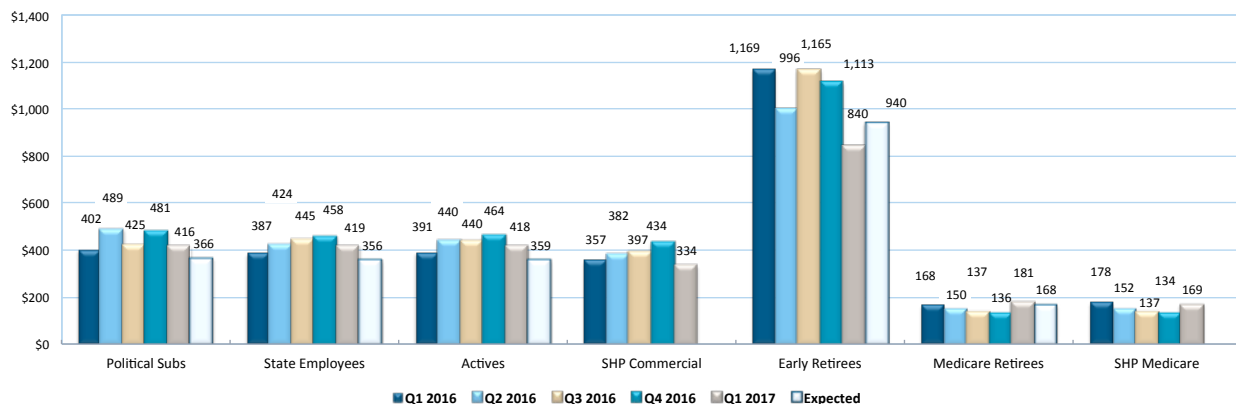
MEMBERSHIP COMPARISON								PERCENT CHANGE
	Q3 2015	Q4 2015	Q1 2016	Q2 2016	Q3 2016	Q4 2016	Q1 2017	Q1 17/Q1 16
Actives	56,782	56,923	57,474	57,424	57,087	56,778	56,913	-1.0%
Early Retirees	1,211	1,152	1,121	1,124	1,071	1,060	1,071	-4.5%
Medicare Retirees	8,648	8,635	8,524	8,530	8,605	8,676	8,686	1.9%

MEMBERSHIP TREND

Quarterly Changes in Membership Trend



PMPM SUMMARY

Per Member Per Month Quarterly Average
Jan 2016 - March 2017

*Incurred between January 1, 2016 and March 31, 2017 and paid through May 31, 2017.
Includes IBNR for January 2016 through March 2017, as of May 31, 2017.

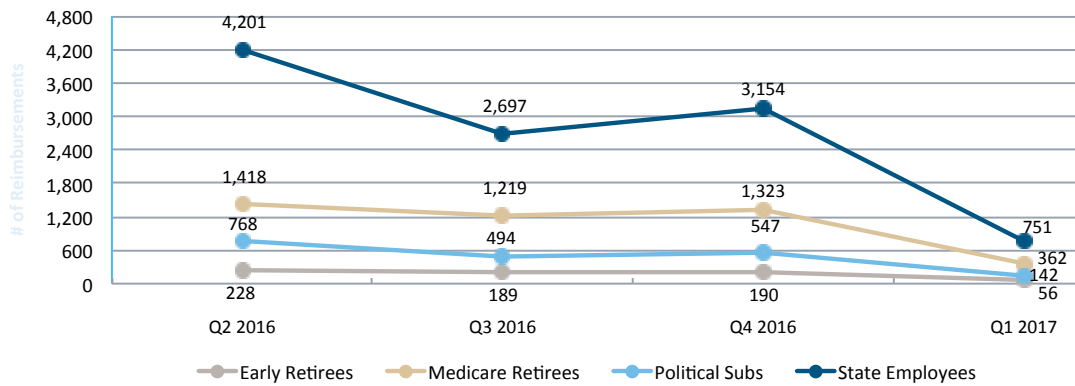
**Historically, 98% of claims will be accounted for within 90 days of the effective date.

*Medicare Retirees PMPM excludes prescription drug coverage (Medicare Part D).

Summary

FITNESS CENTER REIMBURSEMENT

Total Number of Fitness Center Reimbursements

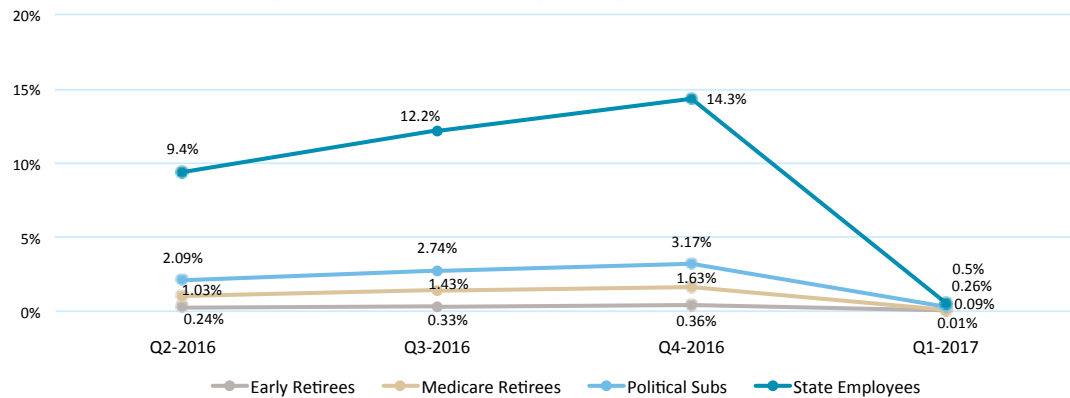


*Activity decline is the result of the wellness program suspension effective January 1 through May 31, 2017.

*Gym reimbursements in Q1 reflect unpaid 2016 gym activity. Gyms had until February 8, 2017 to submit 2016 gym activity.

HEALTH ASSESSMENT

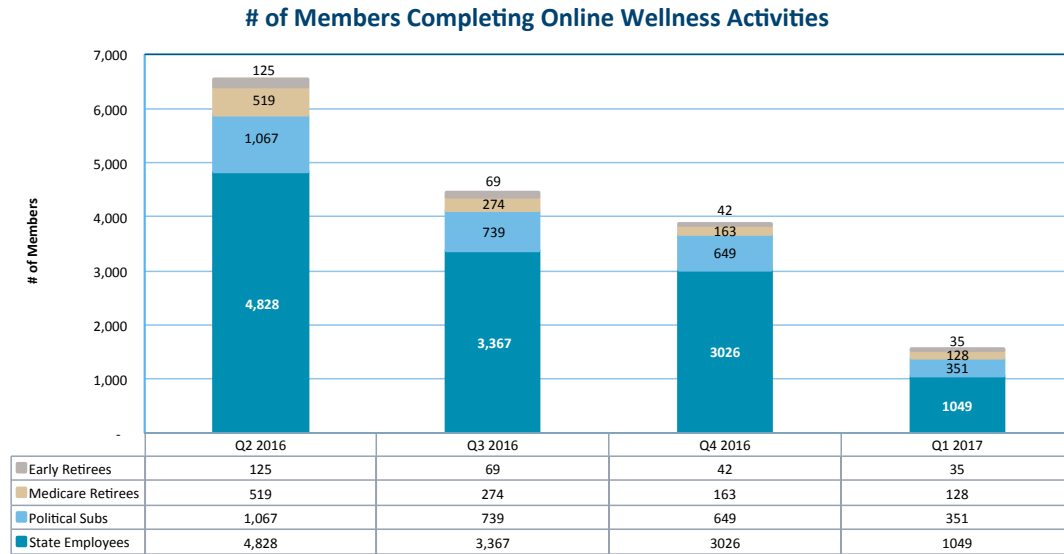
% of Eligible Members Completing a Health Assessment



*Activity decline is the result of the wellness program suspension effective January 1 through May 31, 2017.

ONLINE WELLNESS ACTIVITIES

Summary



*Activity decline is the result of the wellness program suspension effective January 1 through May 31, 2017.

Sanford Health Plan – NDPERS EGWP			
Description	1H16	1H17	Change
Avg Members per Month	8,526	8,696	2.0%
Number of Unique Patients	8,069	8,278	2.6%
Pct Members Utilizing Benefit	94.6%	95.2%	0.6
Total Days	6,098,596	6,384,389	4.7%
Total Adjusted Rx's	223,255	233,940	4.8%
Average Member Age	74.8	75.0	0.3%
Nbr Adjusted Rx's PMPM	4.36	4.48	2.7%
Generic Fill Rate	89.6%	91.3%	1.7
Home Delivery Utilization	1.0%	1.2%	0.2
Member Cost %	23.3%	21.3%	-1.9
Specialty Percent of Plan Cost	26.5%	31.2%	4.8
Formulary Compliance Rate	98.8%	99.0%	0.2

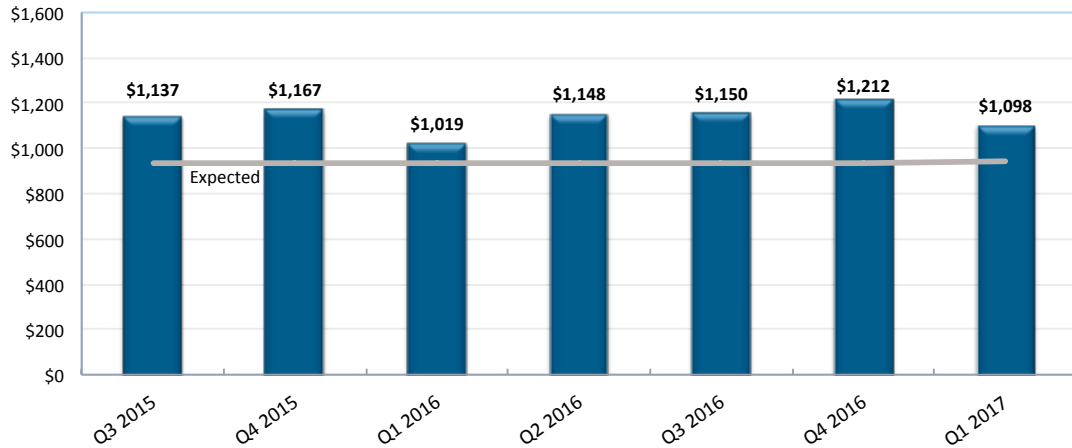
*This data was prepared by Express Scripts Inc. (ESI)

Claims
Analysis

PAID CLAIMS PER CONTRACT PER MONTH

AVERAGE QUARTERLY INCURRED CLAIMS PER CONTRACT

Actives



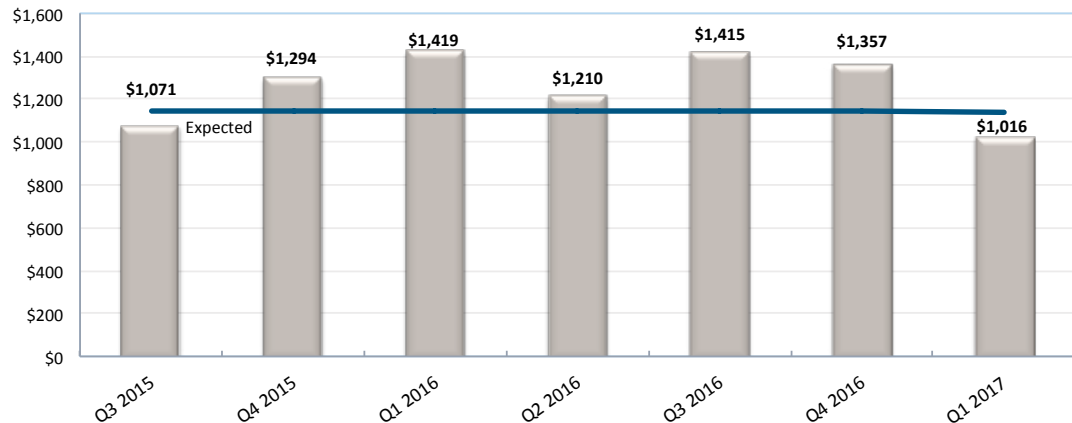
*Incurred between July 1, 2015 and March 31, 2017 and paid through May 31, 2017. Includes IBNR for July 2015 through March 2017 as of May 31, 2017.

*Historically, 98% of claims will be accounted for within 90 days of the effective date.

*NDPERS Active contracts have approximately 2.62 members per contract.

AVERAGE QUARTERLY INCURRED CLAIMS PER CONTRACT

Early Retirees

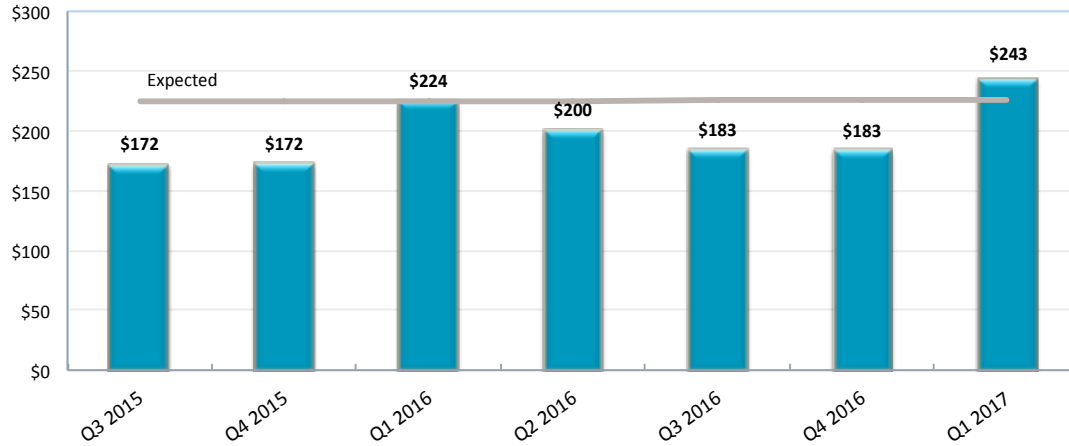


*Incurred between July 1, 2015 and March 31, 2017 and paid through May 31, 2017. Includes IBNR for July 2015 through March 2017 as of May 31, 2017.

*Historically, 98% of claims will be accounted for within 90 days of the effective date.

*NDPERS Early Retirees contracts have approximately 1.22 members per contract.

PAID CLAIMS PER CONTRACT PER MONTH

Claims
AnalysisAVERAGE QUARTERLY INCURRED CLAIMS PER CONTRACT
Medicare Retirees

*Incurred between July 1, 2015 and March 31, 2017 and paid through May 31, 2017. Includes IBNR for July 2015 through March 2017 as of May 31, 2017.

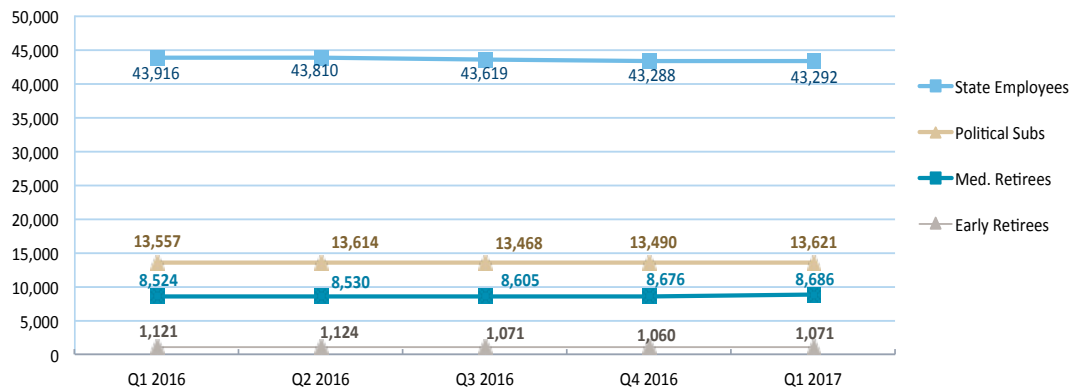
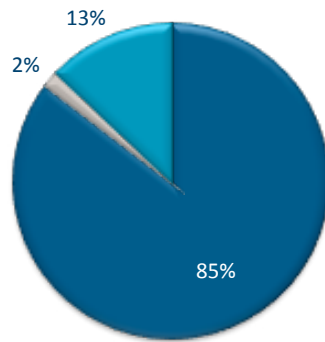
*Historically, 98% of claims will be accounted for within 90 days of the effective date.

*NDPERS Medicare Retirees contracts have approximately 1.34 members per contract.

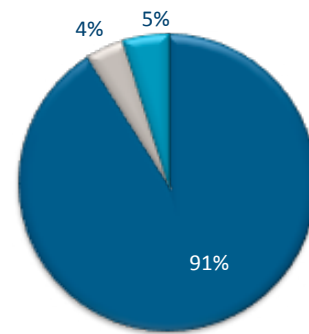
Membership
& Utilization

MEMBERSHIP PERCENTAGE

Quarterly Membership Trend

Membership by
Percentage

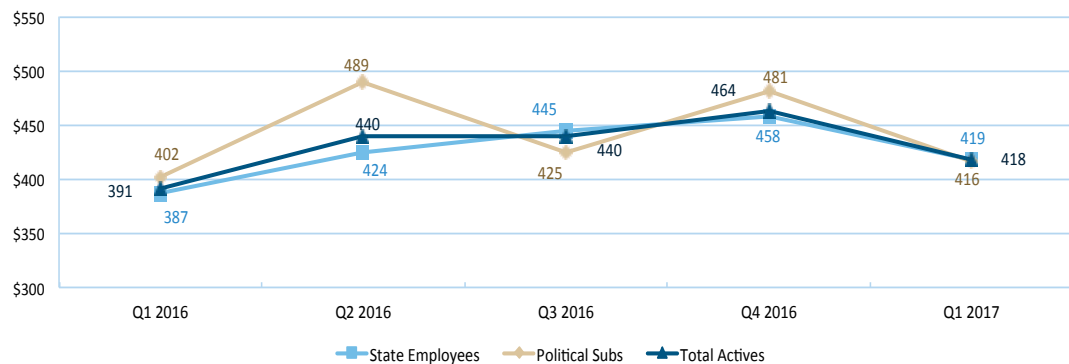
■ Actives ■ Early Retirees ■ Medicare Retirees

Percentage of
Total Incurred Claims

■ Actives ■ Early Retirees ■ Med. Retirees

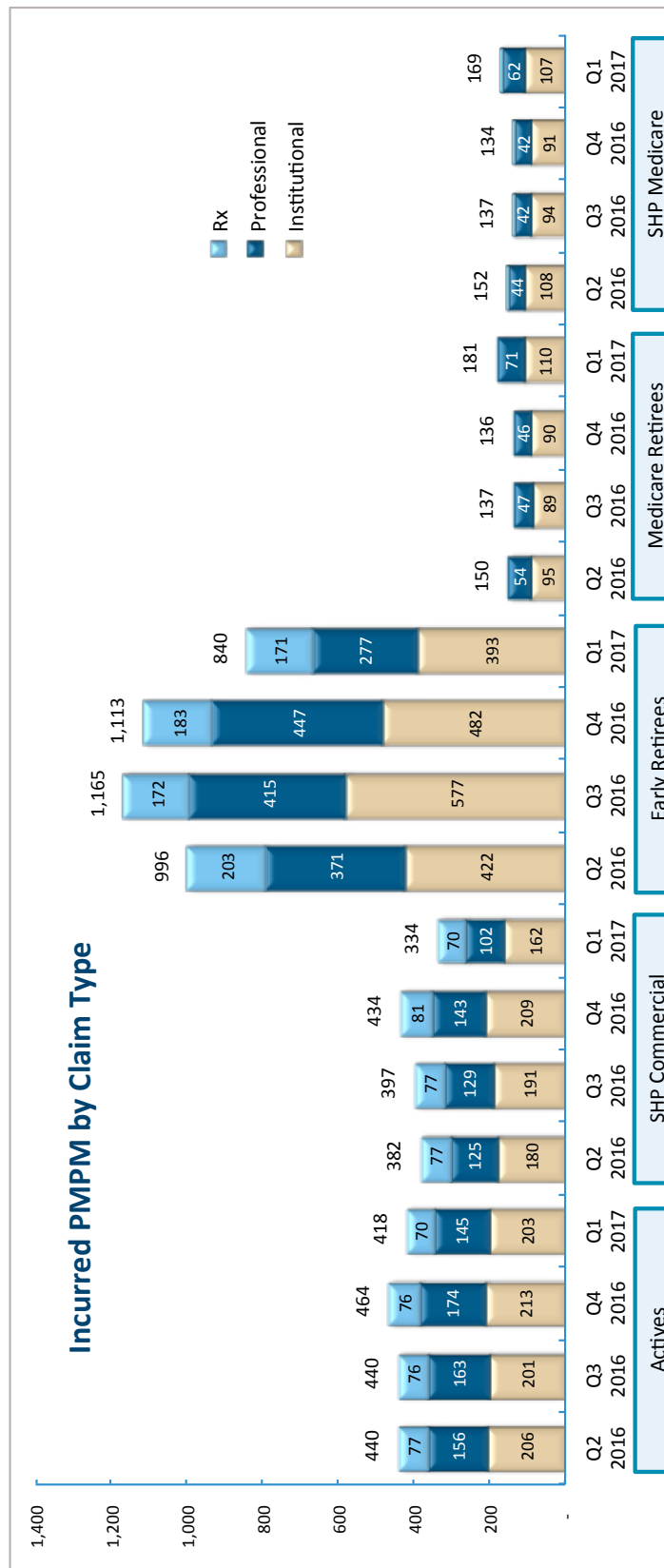
PAID PMPM TREND BY QUARTER

Paid PMPM Trend by Quarter



*Incurred between January 1, 2016 and March 31, 2017 and paid through May 31, 2017.
Includes IBNR for January 2016 through March 2017 as of May 31, 2017.

PMPM BY CLAIM TYPE

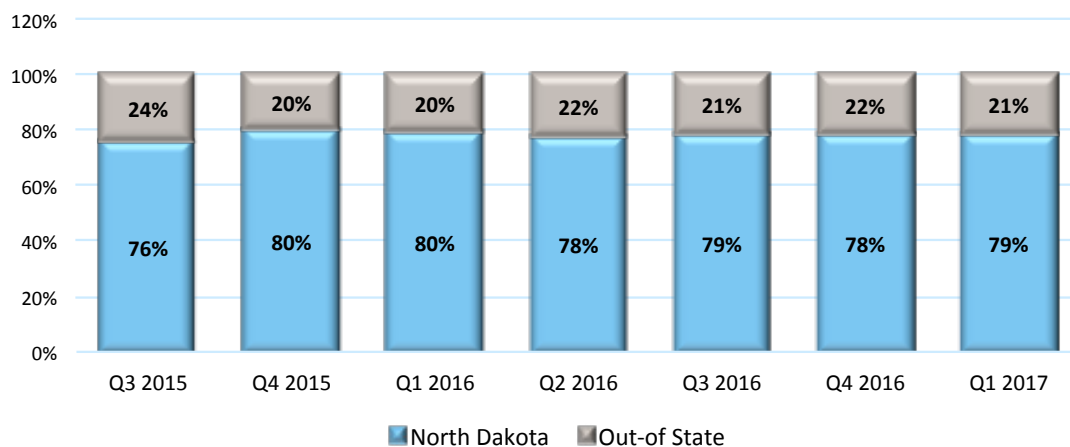
Membership
& Utilization

*Incurred between April 1, 2016 and March 31, 2017 and paid through May 31, 2017. Includes IBNR for April 2016 through March 2017 as of May 31, 2017.

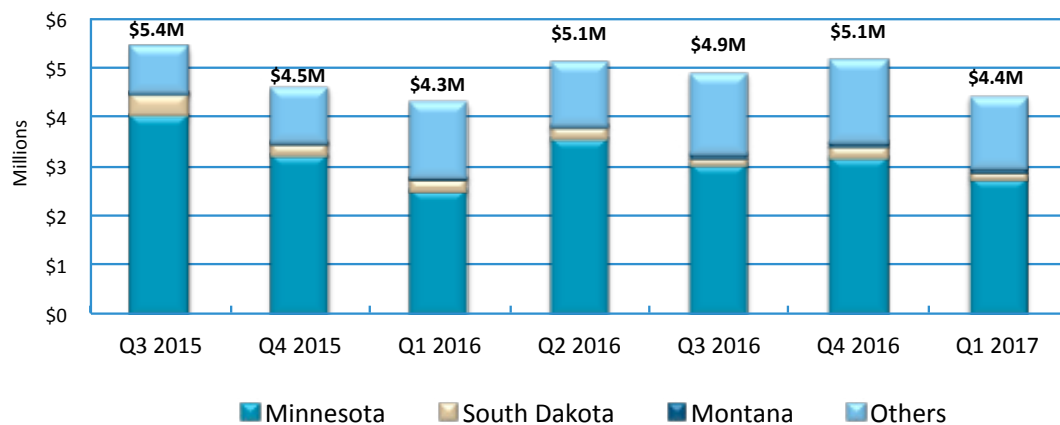
Membership & Utilization

PAID CLAIMS BY STATE

% of Total Claims Paid - ND vs. Out-of-State



Avg. Quarterly Medical Spend by State for Out of State Services



*Paid Claims by State charts include both active and retiree membership.

MEMBER RISK PROFILE & UTILIZATION

Membership
& Utilization

	NDPERS	SHP BoB
Average Age	35.11	33.65
% Male (Current)	49.17	44.74
Average Risk Score	1.25	1.11
Average Care Gap Index	1.31	1.04
Inpatient Days Per 1000	287	274
Total Admissions Per 1000	64	71
ER Visits Per 1000	219	165
Total Office Visits Per 1000	4,295	4,014
Pharmacy Scripts Per 1000	8,532	9,280

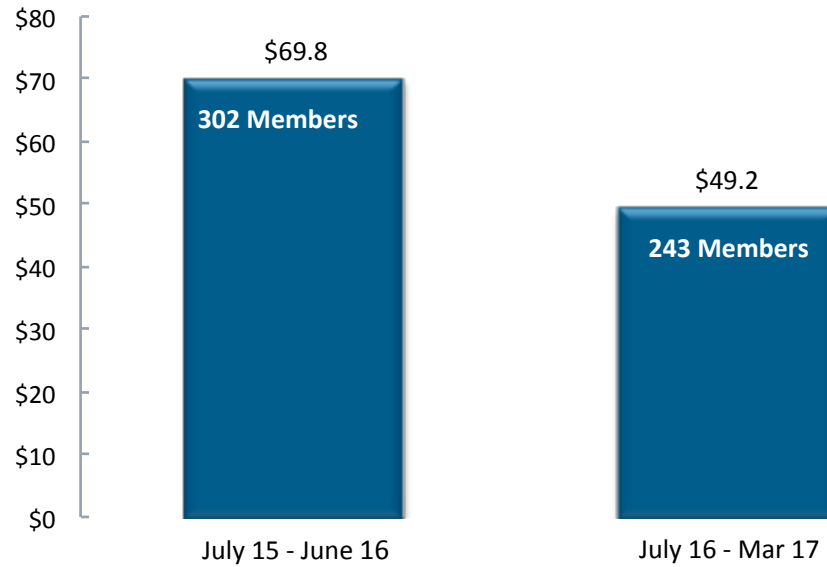
*Incurred between April 1, 2016 and March 31, 2017 and paid through May 31, 2017.

*All data was normalized using Verisk's methodologies and algorithms.

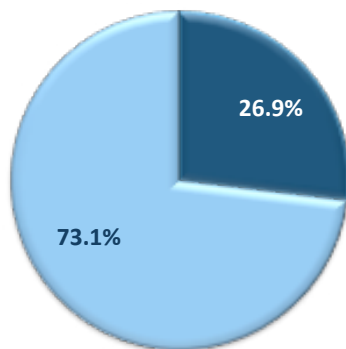
*NDPERS includes Political Subdivisions, Early (Pre-Medicare) Retirees and State Employees.

High Dollar
Cases

ACTIVES

Total Paid for High Dollar Claimants
(over \$100,000/member) - ActivesHigh Claimant Actives as
% of Total Payments
July 2016 - Mar 2017

Avg. Paid/Case	\$202,303
% of Total Payments	26.9%

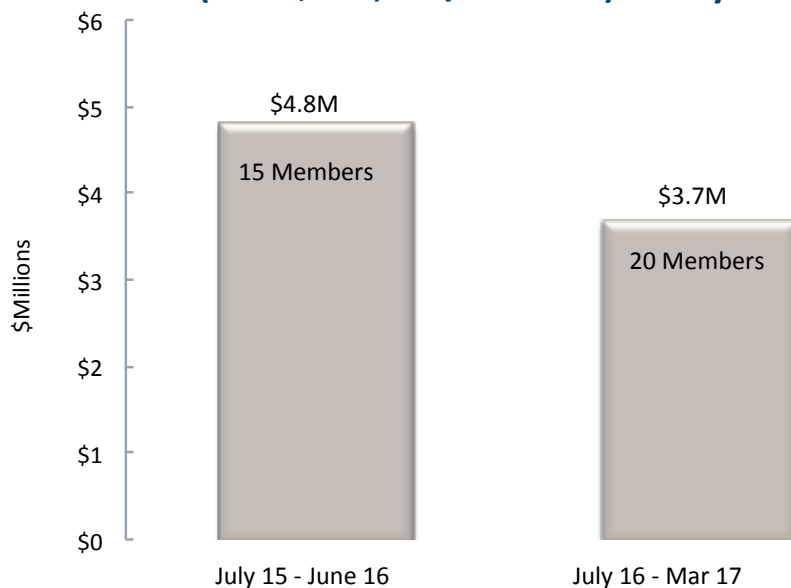


■ High Dollar Pay ■ All Other Members

EARLY RETIREES

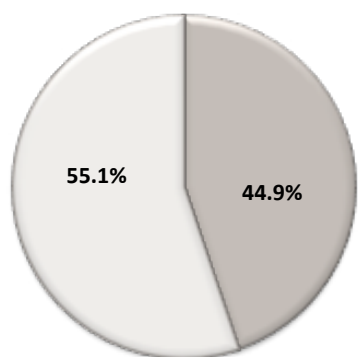
High Dollar
Cases

**Total Paid for High Dollar Claimants
(over \$100,000/member) - Early Retirees**



**High Claimant
Early Retirees as
% of Total Payments**
July 2016 - Mar 2017

Avg. Paid/Case	\$183,999
% of Total Payments	44.9%



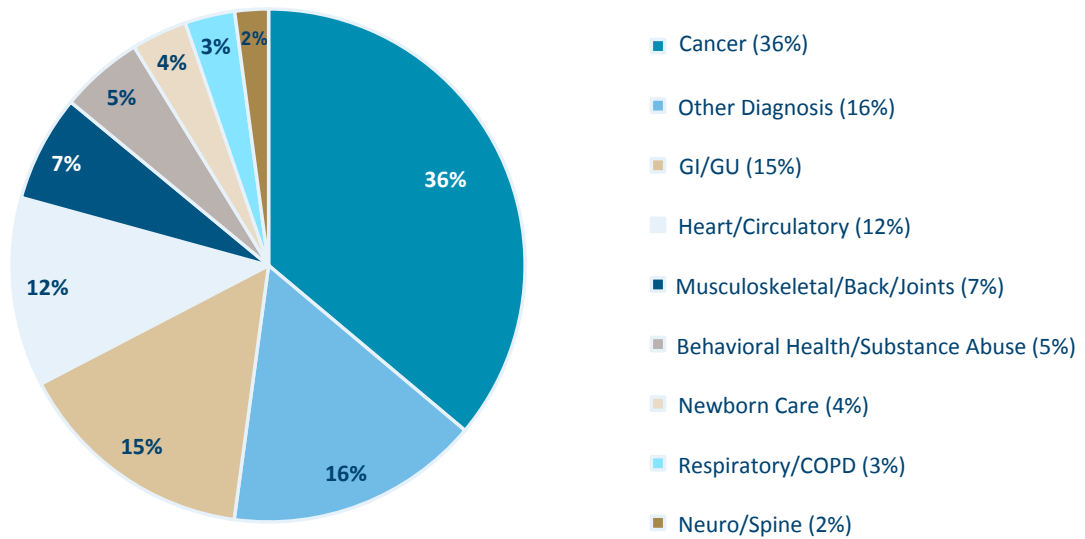
■ High Dollar Pay ■ All Other Members

High Dollar
Cases

PRIMARY DIAGNOSIS

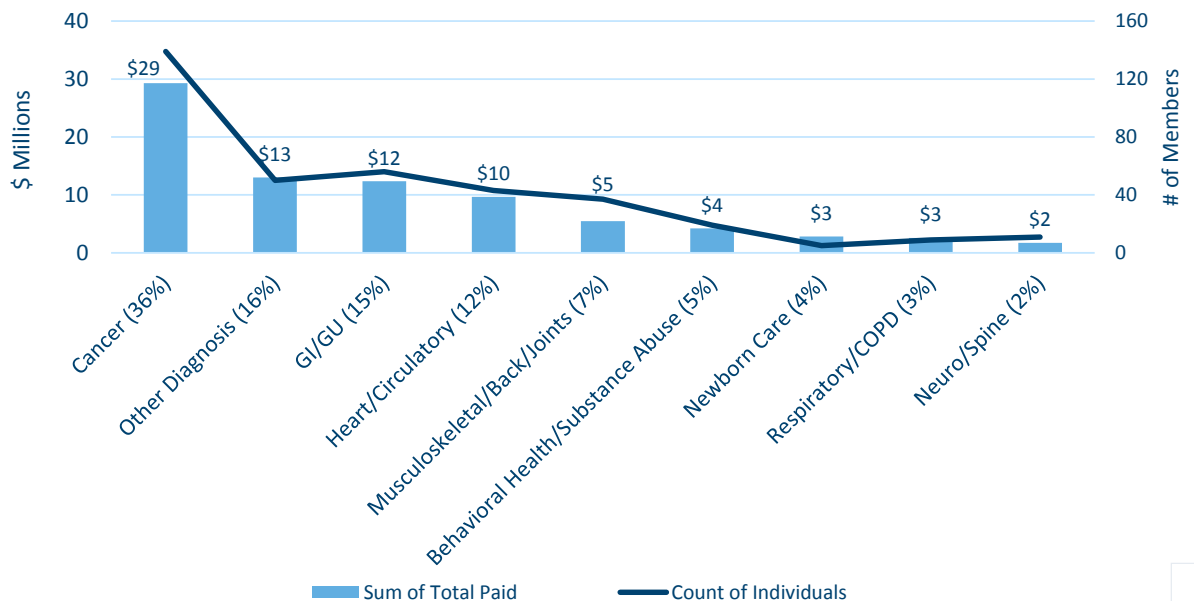
Highest Paid Diagnosis Group

Apr 2016 - Mar 2017



Highest Paid Diagnosis Group w/ Member Count

Apr 2016 - Mar 2017

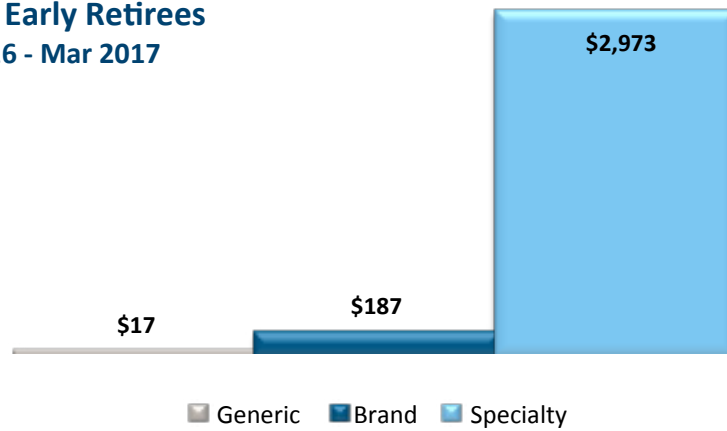


*High dollar cases consist of claims with a total over \$100,000.

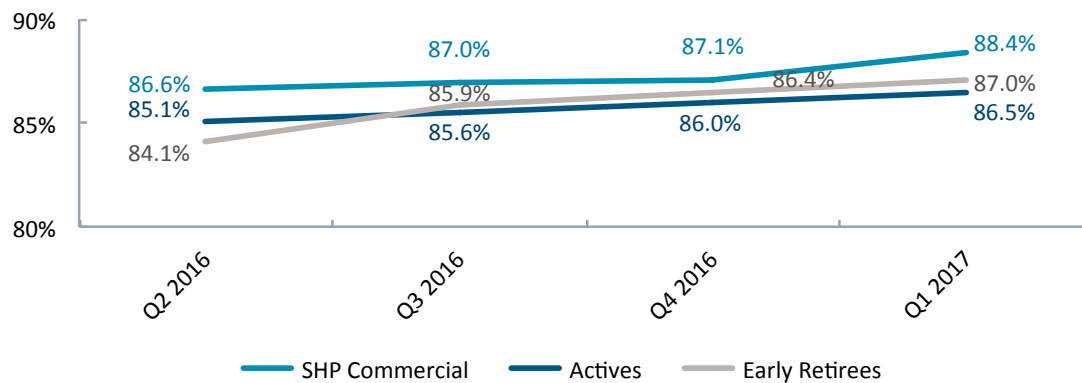
GENERIC UTILIZATION

Prescription
Drugs

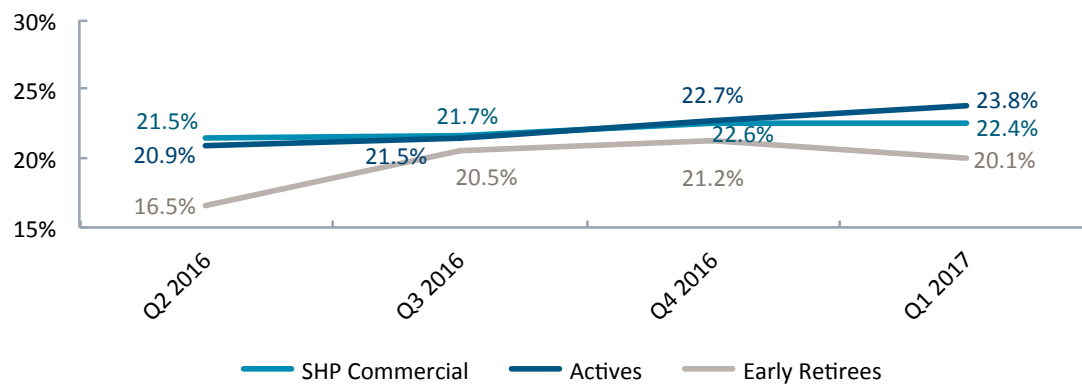
Average Paid/Rx
Actives & Early Retirees
Apr 2016 - Mar 2017



Generic Utilization Rate
of Rx Claims



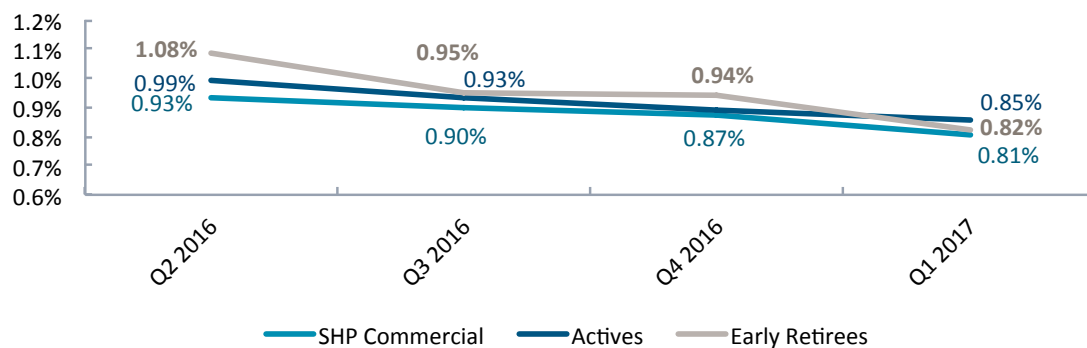
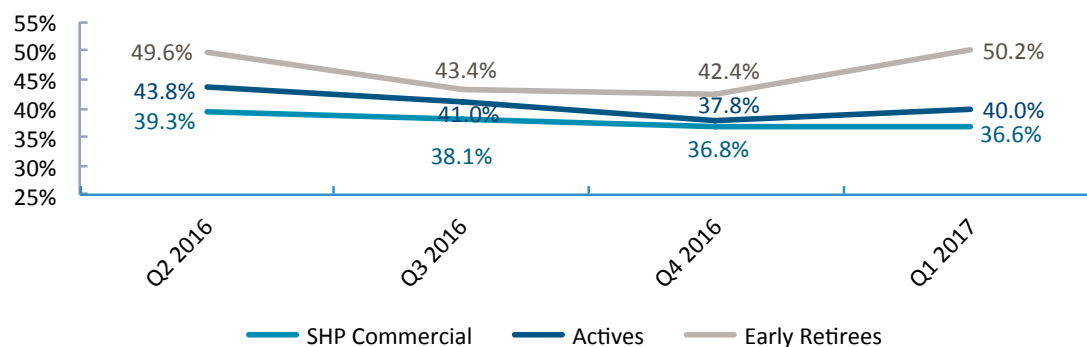
Generic Utilization Rate
\$ of Rx Claims



*Incurred between April 1, 2016 and March 31, 2017 and paid through May 31, 2017.

Prescription
Drugs

SPECIALTY PHARMACY

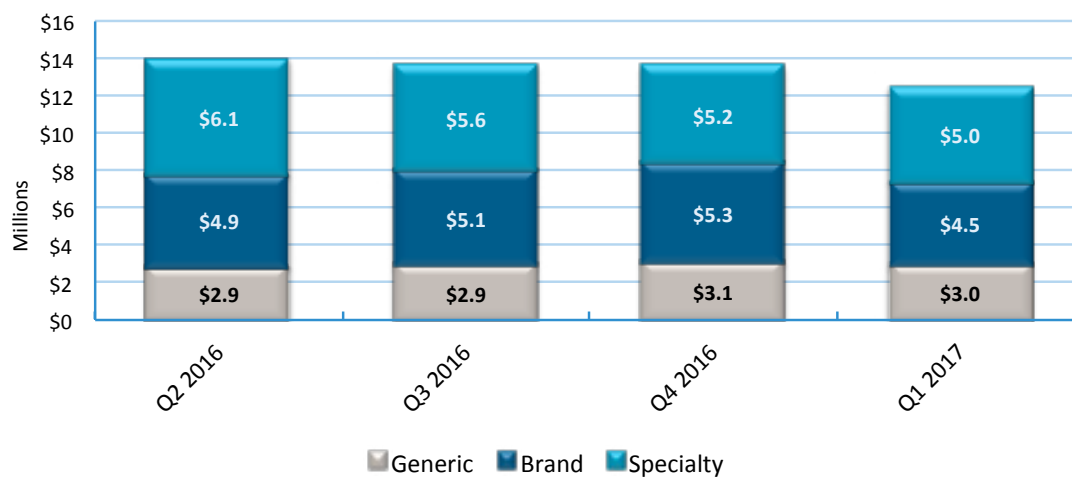
Specialty Utilization Rate
of Rx ClaimsSpecialty Utilization Rate
\$ of Rx Claims

*Incurred between April 1, 2016 and March 31, 2017 and paid through May 31, 2017.

PHARMACY

Prescription
Drugs

Quarterly Drug Spending by Drug Category



*Incurred between April 1, 2016 and March 31, 2017 and paid through May 31, 2017.

Dakota Wellness Program

MONTHLY WELLNESS THEMES

Monthly themes keep the wellness program fresh throughout the year and keeps members engaged in their individual wellness pursuit. Newsletters, e-blasts and worksite posters are used to introduce themes.






TAKE STOCK IN YOU THIS NEW YEAR

If your New Year's goals are usually tossed aside by January 31, you deserve a better approach. What need does meeting your goal help fulfill? Know your needs, enjoy the change process and 2017 can be your year to shine!

 Certainty The perception of safety & security	 Growth Stretching our limits toward improvement
 Variety New and exciting experiences	 Love & Connection Part of an accepting group
 Significance A sense of importance and meaning	 Contribution Serving, protecting and giving to a cause larger than ourselves

Ask yourself:

- Which two needs drive much of what I do every day?
- How will the process of working toward my goal help meet my top two needs?

Wellness Activities

Monthly Book Club: *The Three Marriages: Reimagining Work, Self and Relationship* by David Whyte



SDWP-1825 1/16






ESTABLISH HEALTHY EATING IN KIDS

Research shows that children build food acceptance through repeated tastings and sensory experiences. Try these tips to make trying new foods a positive experience.

 Schedule Set a specific schedule for meals and snacks. This gives structure to the day and your child will know what to expect. If your child declines to eat, explain that they will be able to eat again in "x" amount of time.
 Proportion Focus meals on proportion, variety and moderation. Help your child judge their fullness by asking them, "Are you hungry, or are you full?"
 Adventure Let your child play detective and analyze new food. Have a conversation by using prompt questions that ask about the size, shape, color, texture and look of the food.



SDWP-1882 1/17






HOW IS YOUR HEALTH? LOOK INSIDE YOUR MOUTH

According to the Academy of General Dentistry, new research shows that the health of your mouth mirrors the condition of your body as a whole. Without proper oral hygiene, bacteria can reach levels that may lead to oral infections that can lead to intestinal failure, irritable bowel syndrome and other digestive disorders.

The American Dental Association provides these recommendations to help reduce your risk of oral complications:

 Brush twice a day for at least two minutes, using fluoridated toothpaste.	 Avoid cigarettes and smokeless tobacco , which are known to contribute to gum disease and oral cancer.
 Floss daily to remove plaque from places your toothbrush can't reach.	 Visit the dentist regularly for cleanings and exams. This is one of the most effective ways to detect the early signs of gum disease.
 Eat a healthy diet to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.	



SDWP-1886 1/17

TOP 10 ONLINE WELLNESS ACTIVITIES

These are the top 10 online Novu activities that were selected and completed by NDPERS members.

Dakota
Wellness
Program

#1



NUTRITION

#6



STRENGTH

#2



CARDIO

#7



STRESS

#3



BALANCE & MOBILITY

#8



YOGA & RELAXATION

#4



SLEEP HEALTH

#9



PURPOSE

#5



HEALTHY WEIGHT

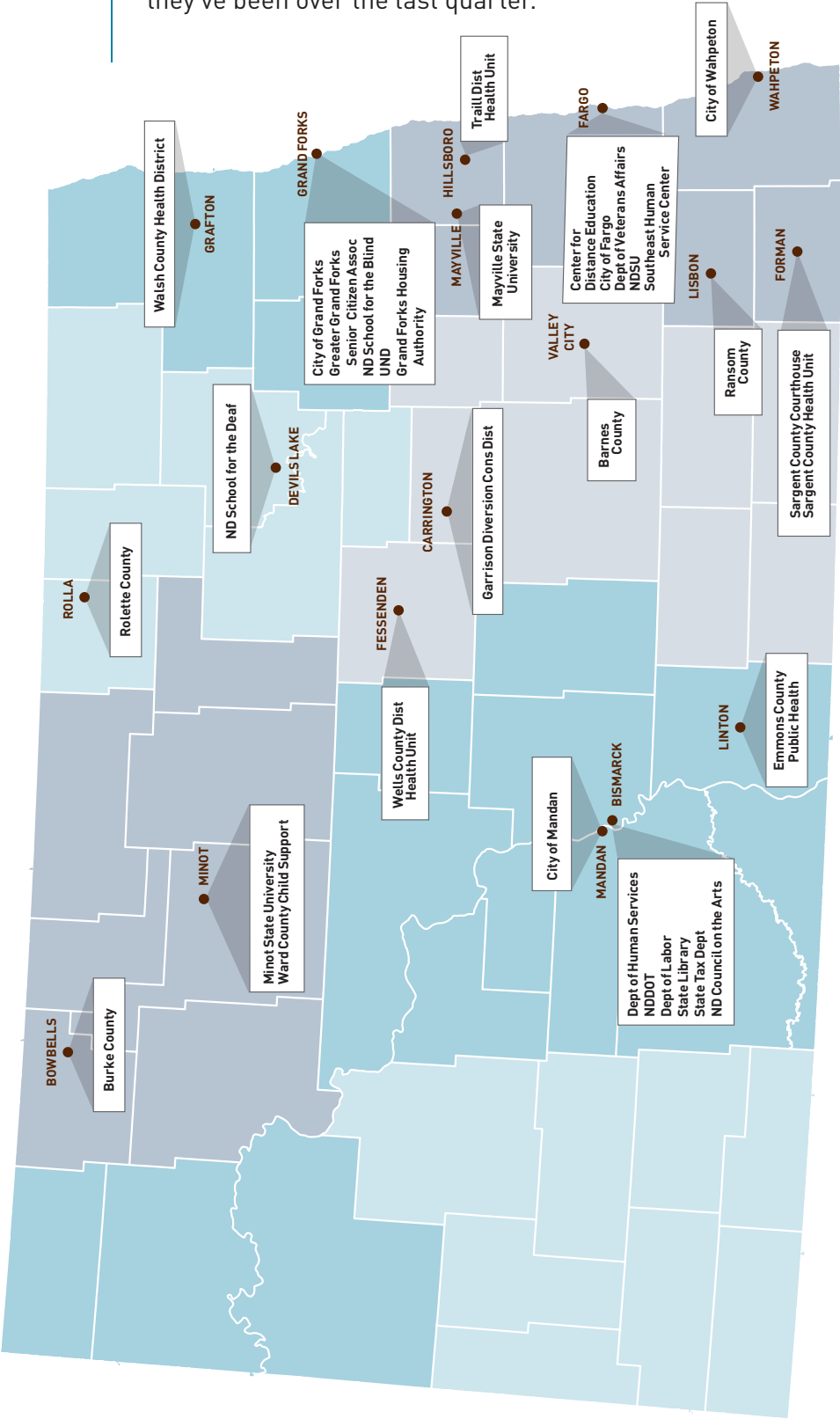
#10



**DAILY HYDRATION
CHALLENGE**

EVENT ATTENDANCE BY AGENCY

The Sanford Health Plan NDPERS wellness team engages members both offline and online. Wellness educators travel across the state to support agency wellness coordinators and provide worksite education and activities. This map shows where they've been over the last quarter.



TOTAL NUMBER OF
AGENCIES VISITED
(UNDUPLICATED)
34

Wellness Coordinator
1:1 Meetings
Yoga Class
Biggest Loser
Challenge
Leading for Wellness

PRESENTATIONS/EVENTS:
Paint Your Plate
Stick to Your Resolutions
Mindful Eating
Sitting Disease
Organize My Life
NOVU
Make It Happen
No Gym No Problem
Overcoming Stress
Health Fair

TOTAL MEMBER
ATTENDANCE
THIS QUARTER:
626

LEADING FOR WELLNESS

Dakota Wellness Program

In the first quarter of 2017, the Dakota Wellness Program focused on agency leader wellness training and offered two-hour Leading for Wellness sessions in Bismarck, Minot, Fargo and Grand Forks with over 100 agency leaders attending.

Leading for Wellness recognizes organizational culture can serve as an accelerator or barrier to employee well-being. This leadership development training reveals how supervisors, managers, directors and executives can use employee engagement to drive wellness. The following survey responses were collected after the training sessions.

1. **As a result of the Leading for Wellness presentation, I am more knowledgeable about the connection between employee engagement and employee well-being, with career well-being as the primary driver of overall well-being.** 97% of Participants Agreed or Strongly Agreed
2. **As a leader, I am now more aware of how I can change organizational culture by influencing the six dimensions of well-being with my employees.** 92% of Participants Agreed or Strongly Agreed
3. **I will apply the leadership competencies I learned in the presentation to increase the well-being of my employees.** 90% of Participants Agreed or Strongly Agreed
4. **Which technique(s) resonated the most with you, and which ones do you plan to focus on first?** (responses unduplicated)
 - Physical, social, emotional and career well-being
 - Finding out what creates stress for our employees and addressing it
 - Improved sleep
 - Career well-being: strengths, autonomy, positive feedback
 - Stress in the workplace
 - Community well-being
 - Acknowledging achievements and good work of employees
 - Employee engagement
 - Getting more department heads on board with the dimensions of well-being
5. **Additional Comments:** (responses unduplicated)
 - Loved this training! Very insightful. Related a lot to the speaker's examples and discussion.
 - Excellent two hours spent. Well done!
 - Great session! A lot of new information, enjoyed the presentation and examples.
 - Thanks! Worth my time!
 - Really liked the piece on positive reinforcement.
 - Great ideas. I'm anxious to implement them. Thank you!
 - I am not the administrator of our department. Our management sees the need, but does not realize how important wellness is and is "too busy" to assist in any program we try to complete.
 - We will try to restart the in-office concession stand with healthy options.
 - I will apply to the extent my CEO permits.

Performance
Standards &
Guarantees

MEASURE	GOAL	OUTCOME REPORTING DATES	OUTCOME
COST MANAGEMENT:			
Health Risk Assessment	10%	Dec. 31, 2015	17.9%
HEALTH OUTCOMES:			
Medical Home Enrollment	30%	July 1, 2016	36.5%
Breast Cancer Screening Rates	80%	June 30, 2017	–
Cervical Cancer Screening Rates	85%	June 30, 2017	–
Colorectal Cancer Screening Rates	60%	June 30, 2017	–
PROVIDER NETWORK/CONTRACTING:			
NDPERS PPO network - in-state hospitals, MDs and DOs that participate in the Company's Par Network.	Hospital = 85% MDs & DOs = 85%	Dec. 31, 2015	Hospital = 94% MDs & DOs = 87%
Minimum provider discount from in-network providers	30% for Non-Medicare contracts	June 30, 2017	–
Claims Financial Accuracy	99%	June 30, 2017	–
Claims Payment Incidence Accuracy	97%	June 30, 2017	–
Claim Timeliness	99%	June 30, 2017	–
Average Speed of Answer	45 seconds	June 30, 2017	–
Call Abandoned Rate	7% or less	June 30, 2017	–
ANCILLARY ITEMS:			
The interest rate utilized currently is based on the US Treasury Notes quoted by the Wall Street Journal	verification	June 30, 2017	–
Rx rebates passed-through to NDPERS	100%	June 30, 2017	–
HRA WELLNESS SCORE:			
HRA Wellness Score	5% point increase	Dec. 31, 2016	N/A
bWell Participation	10%	Dec. 31, 2015	10.8%
Health Club Credit	Goal = 1,950	July 1, 2016	1,879

NOTES

[illegible]

